

## Day 1

### Breakfast:

- Toasty O's
- Fresh Fruit

### Lunch:

- GF Fettucine Alfredo w/ Romano Cheese
- Mixed Vegetable
- Fresh Fruit

### Snack:

- Rice cake & Jam
- Fresh Cut Fruit

### Ingredients:

Br: Toasty O's

Ln: Romano cheese, mozzarella, GF pasta, cream, thyme, sage, garlic, oil, salt, pepper, corn, broccoli, carrots, peas, green beans

Sn: Rice cake, jam

## Day 2

### Breakfast:

- ED Banana Bread
- Fresh Fruit

### Lunch:

- Pineapple Chicken
- Brown Rice
- Bok Choy + Carrots
- Fresh Fruit

### Snack:

- Pizza Bites
- Fresh Cut Fruit

### Ingredients:

Br: WW flour, banana, applesauce, soy milk, baking soda, baking powder, brown sugar

Ln: Chicken, pineapples, brown sugar, vinegar, ginger, garlic, rice, bok choy, carrots,

Sn: WW focaccia, tomato, garlic, onion, basil, olive oil, salt, black pepper

## Day 3

### Breakfast:

- ED Morning Glory Muffin
- Fresh Fruit

### Lunch:

- Carne De Pastelon
- GF Roll
- Corn
- Fresh Fruit

### Snack:

- Celery and Carrot Stick w/Green Goddess
- Fresh Cut Fruit

### Ingredients:

Br: WW flour, carrots, apples, applesauce, soy milk, baking soda, baking powder, brown sugar

Ln: beef, oil, salt, pepper, cumin, paprika, chili powder, ancho chilis, toamto paste, cilantro, garlic, perppers, onion, vinegar, brown rice, red kidney beans, plantains, GF Roll

Sn: Celery, carrots, parsley, garlic, cilantro, lime, olive oil, tofu

## Day 4

### Breakfast:

- ED Carrot Bread
- Fresh Fruit

### Lunch:

- Rasta Pasta
- GF Pasta
- Green Beans
- Fresh Fruit

### Snack:

- Tofutti and Jam
- Fresh Cut Fruit

### Ingredients:

Br: WW flour, carrots, apples, applesauce, soy milk, baking soda, baking powder, brown sugar

Ln: Romano cheese, mozzarella, GF pasta, cream, thyme, sage, garlic, oil, salt, pepper, corn, broccoli, carrots, peas, green beans, jerk seasoning

Sn: Tofutti, jam, ww baguette

## Day 5

### Breakfast:

- ED Berry Waffles
- Fresh Fruit

### Lunch:

- Turkey Sloppy Joe on GF bread
- Sweet Potato Fries
- Fresh Fruit

### Snack:

- ED Pumpkin Muffins
- Fresh Cut Fruit

### Ingredients:

Br: WW flour, berries, apples, brown sugar, cinnamon, salt, baking soda, baking powder

Ln: GF bread, turkey, tomato sauce, tomato paste, sweet potato fries, garlic, salt, pepper, molasses

Sn: Pumpkin, ww flour, applesauce, soy milk, baking soda, baking powder

## Stuff We Have To Say

- 1 Red Rabbit is a nut free kitchen, but does not guarantee meals to be free of any other allergens. Menu items may contain or come into contact with wheat, eggs, milk, and soy. Please note, ingredients are subject to change due to market availability, and may change without prior notice.
- 2 Depending on your school agreement and federal reimbursements, you may not receive the breakfast or snack items listed above.
- 3 It is the responsibility of the recipient to refrigerate all items. All items should be eaten or frozen within 3 days of receipt.
- 4 Per the USDA guidelines, all meals should only be eaten by students, and should be served with 8 oz of milk.